

## Squash, bakedRev10

Number of Servings: 10 (147.27 g per serving)

| Amount Measure | Ingredient   |
|----------------|--|
| 3 1/8 lb       | Squash, winter, fzn                                    |
| 3 1/4 Tbs      | Margarine, soft, hydrog & reg soybean oil, Gold n Soft |
| 3/4 tsp        | Spice, allspice, ground                                |
| 3/4 tsp        | Salt, table  |

### Nutrients per serving

## Nutrition Facts

Serving Size (147g)

Servings Per Container

Amount Per Serving

**Calories 110**      **Calories from Fat 30**

% Daily Value\*

**Total Fat 3.5g**      **5%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 210mg**      **9%**

**Total Carbohydrate 21g**      **7%**

Dietary Fiber 2g      **8%**

Sugars 4g

**Protein 2g**

Vitamin A 130%      •      Vitamin C 10%

Calcium 4%      •      Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories  | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less Than | 65g     | 80g     |
| Saturated Fat      | Less Than | 20g     | 25g     |
| Cholesterol        | Less Than | 300mg   | 300 mg  |
| Sodium             | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Instructions

Acorn, buttercup, butternut, hubbard or other winter squash may be used.

Place frozen or partially defrosted squash in counter pans and add seasonings.

Bake at 350 degrees uncovered or loosely covered with foil until >160 degrees. Stir during baking to distribute hot product with cooler product.

Baking time will vary alot depending on amount of time squash has been allowed to defrost. When making for first time allow ample time to reach serving temperature.

Serve 2/3 cup = #8 scoop = 1 vegetable serving

2/3 c serving = 1 1/2 Carb Serving

### Notes

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.